

# PINE LAKE COMBINED CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	<b>JUST WORKOUT</b> 5:30-6:30 12 spaces available Please enroll						
6:00 AM	<b>WARM POWER YOGA</b> 6:00-7:00 Jume	<b>CYCLE</b> 6:00-7:00 Malia	<b>WARM POWER YOGA</b> 6:00-7:00 Jume	<b>CYCLE</b> 6:00-7:00 Malia	<b>CYCLE n STRENGTH</b> 6:00-7:00 Debbie		
7:00 AM			<b>CYCLE</b> 7:30-8:30 Kim			<b>CYCLE</b> 7:30-8:30 Kevin	
8:00 AM		<b>BODYSTEP</b> 8:30-9:30 Katy		<b>BODYPUMP/CXWORX</b> 8:30-9:30 Whitney			
9:00 AM	<b>BODYFLOW</b> 9:30-10:30 Natalie		<b>Metabolic Madness</b> 9:30-10:15 Nikki		<b>Metabolic Madness</b> 9:30-10:15 Nikki	<b>SH'BAM</b> 9:00-9:45 Whitney	<b>WARM POWER YOGA</b> 9:00-10:00 Sharman
	<b>CYCLE n STRENGTH</b> 9:45-10:45 Jennifer	<b>BODYPUMP</b> 9:45-10:45 Katy	<b>CARDIO LIFT</b> 9:45-10:45 Teresa	<b>BODYPUMP</b> 9:45-10:45 Katy	<b>CYCLE n STRENGTH</b> 9:45-10:45 Jennifer	<b>RESTORATIVE YOGA</b> 9:30-10:30 Rita	
10:00 AM						<b>BODYPUMP</b> 10:30-11:30 Natalie/Kari	<b>WARM POWER YOGA</b> 10:15-11:15 Sharman
11:00 AM	<b>PILATES</b> 11:00-12:00 Jennifer			<b>BARRE</b> 11:00-11:45 Brenda			<b>BODYPUMP</b> 10:30-11:30 Bree
12:00 PM							
3:00 PM							
4:00 PM		<b>IMPACT Teen</b> 4:00-5:00 Tamara		<b>IMPACT Teen</b> 4:00-5:00 Tamara			
5:00 PM		<b>WARM POWER YOGA</b> 5:00-6:00 Gina					
6:00 PM	<b>BODYPUMP</b> 5:30-6:30 Kari	<b>HIGH FITNESS</b> 5:30-6:30 Melissa	<b>BODYPUMP/CXWORX</b> 5:30-6:30 Natalie				
	<b>WARM POWER YOGA</b> 6:00-7:00 Gina	<b>YOGA FLOW</b> 6:30-7:30 Julie	<b>WARM YOGA FLOW</b> 6:00-7:00 Rita	<b>YOGA FLOW</b> 6:30-7:30 Julie			
7:00 PM							
8:00 PM			<b>RESTORATIVE YOGA</b> 7:15-8:15 Rita	<b>WARM YOGA FLOW</b> 7:15-8:15 Sharman			

Just Workout has been created so members can reserve 1 of 9 spaces available to ensure their time on the fitness floor upon opening. All other workout times are general access and will be first come, first served.

**Red** = Workout on the Floor (free) • **Blue** = SGT Class (fee based) • **Purple** = Group Ex • **Green** = Mind/Body

Enroll on line at [www.columbiaathletic.com/memberarea](http://www.columbiaathletic.com/memberarea).



# PINE LAKE COMBINED CLASS SCHEDULE

## LES MILLS™ Classes

We are proud to offer 5 LES MILLS™ programs! Mixing the hottest music with cutting-edge exercise science, innovative equipment, and motivating instructors, these classes will make you fall in love with fitness! Join us for the fun and the results!

### BODYFLOW™

BODYFLOW™ is a motivating blend of new yoga featuring elements of Tai Chi and Pilates. It is designed to strengthen your entire body, improve flexibility, and leave you feeling calm and centered. A great introduction to Mind/Body classes; appropriate for all fitness levels!

### BODYPUMP™

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with high repetition, BODYPUMP™ gives you a full body workout. Instructors coach you through scientifically proven moves and techniques to help you achieve more than on your own!

### BODYSTEP™

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a cardio workout that tones your butt and thighs. Stepping is combined with moves like burpees, push-ups and weight plate exercises to work the upper body. A fun, uplifting class offering lots of options for success.

### CXWORX™

CXWORX™ is a 30 min class that strengthens the core to make you better at all things you do, from everyday life to favorite sports. Instructors guide you through correct technique using resistance tubes, weight plates, and bodyweight. Options make it challenging and achievable for all!

### SH'BAM™

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile!

## General Group Ex Classes

### Barre

This 45 min class combines elements of barre and interval training to give you a full body sculpting and cardiovascular workout in one. Challenge the body by first finding stability and fatigue, then incorporating full range movement.

### Cardio Lift

This is a cardiovascular cross-training class that incorporates intervals of simple, yet challenging, athletic sports moves and strength training. A great workout for all fitness levels!

### Cycle

This class is great for beginner to professional cyclists! Resistance and speed intervals create an effective workout. Cyclists choose their intensity to challenge themselves. New participants should arrive 10 minutes early for bike set up.

### Cycle & Strength

This class is the perfect combination of cardio on the bike and strength conditioning off the bike using weights and bodyweight exercises. Lift your heart rate and build muscle and core strength! Modifications offered for all fitness levels.

### HIGH Fitness

HIGH Fitness is a hardcore fun fitness class that incorporates interval training with music you love, and intense, easy-to-follow fitness choreography. It's where dance meets fitness!

### Pilates

Incorporating the fundamentals of Pilates, this class follows the classic mat order and is appropriate for students of all levels. Small exercise props such as Magic Circles, bands, and balls are used to engage specific muscle groups and assist with body positioning.

### ZUMBA®

ZUMBA® is a Latin dance inspired workout that is taking the world by storm! This is a fun cardio workout that can be adapted to all levels. No dance skills required!

## General Mind/Body Classes

### Warm Power Yoga

Not quite Hot Power Yoga, but warmer than the typical class, focusing on more challenging pose sequences to build cardiovascular endurance, strength, and flexibility.

### Yoga Flow

This style of yoga uses breath to move through creative sequencing of poses to gets students out of their heads and into their bodies. A great way to infuse movement and vitality into your day! Warm Yoga Flow classes are heated to 85° F; regular Yoga Flow classes are 72° F.

### Restorative Yoga

Using light heat and slow progression of movement, this class helps restore the natural curve of the spine, increases flexibility through hips and shoulders, and strengthens the core through stabilization. Great for recovery!

## FITNESS CLASSES

### Just Workout

This is an opportunity for members to reserve 1 of the 9 spaces available to ensure their workout time upon opening. All other workouts during the day do not need reservations and are first come first served.

### IMPACT Metabolic Madness

Start your Wednesday mornings off on the right foot with this effective, functional, total body group training! By adding lean muscle to the body, you can speed up your metabolism and burn more calories while working out and at rest. Use a variety of weight training equipment and cardio intervals increase your fitness level and change the shape of your body. No muscle gets neglected!

**Days:** Wed. & Fri., 9:30 – 10:15am

**Fees:** \$15 + tax Mem./\$25 + tax Non-mem.

### IMPACT Teen

Our Impact Teen strength and conditioning program is designed for teens ages 12 to 16. Small Group Classes are led by our youth strength coach in a fun, supportive, and safe environment. The focus is on proper weightlifting technique and combines engaging, scalable workouts using body-weight, dumbbells and kettlebells in constantly varied movements. Choose Impact Teen to establish and reinforce proper and safe exercise techniques or use it to improve skills for sports and protect from injury. IMPACT Series are limited to 5 participants/class. Choose Impact Teen to establish and reinforce proper and safe exercise techniques or use it to improve skills for sports and protect from injury. IMPACT Series are limited to 5 participants/class.

**Dates:** #1 Sept. 1 – Oct. 10, 6 Week Series

#2 Oct. 12 – Nov. 21, 6 Week Series

#3 Nov. 30 – Dec. 19, 3 Week Series\*

**Days:** Tues. & Thurs., 4 – 5pm

**Place:** Fitness Floor

**Fees:** \$96 + tax (1x/wk)/\$144 + tax (2x/wk) M  
\$120 + tax (1x/wk)/\$192 + tax (2x/wk) NM  
\*\$48 + tax (1x/wk)/\$66 + tax (2x/wk) M  
\*\$60 + tax (1x/wk)/\$96 + tax (2x/wk) NM

**Drop-in:** \$25 + tax M/\$30 + tax NM

